

In the Realm of Women

BY PENELOPE

ANNOUNCEMENTS

This column is reserved for announcements of meetings, teas, bazaars, and for publication of items concerning fusions at which no charge is made. The form of application, collection or sale of tickets, admission charge or like cost per line is made.

The Ladies' Aid of Knox Church are holding a meeting at the basement of the church on Feb. 10.

The Bevrie Branch of the Red Cross Society are giving a dance and card party on Feb. 10 at the schoolroom, 100 Bevrie street, Bevrie. Dancing will be served during the evening.

Over the Tea Cups

Dr. L. E. Evans, Necroso, B.C., is a guest at the Macdonalds.

Capt. Logie, Calgary, is registered at the Macdonald.

Mrs. W. A. Griesbach is in the south country, and is the guest of Miss Kathleen Griesbach at Goldens Green.

Mr. J. D. McArthur, Winnipeg, is in town as guest at the Macdonald.

Mr. and Mrs. E. Earle, who went a day or two in town "on passant," have gone to Pincher Creek.

The Ladier Capital City Curling club, and West Ladies Royal Victoria club for the Ash cup on Tuesday afternoon at the Capital City rink, 1125 10th street, will be entertained by Mrs. Chardwick and Mr. Frank Ford, Mrs. Vimyrose, and Mrs. Dewar.

Mrs. Reece-Burns, A.T.C.M., head of the Royal Alexandra Hospital College North, has been instructing the pupils of Victoria high school in the art of first aid. The course will be given Thursday, Feb. 10, at the time of the annual aid of the Returned Soldiers Fund.

South Side Daily Diary

The lounge room of Athabasca Hall was the scene of the annual reports of the students of the University of Alberta, and the annual reports of the Athletic Society held its annual banquet—a gay affair at which there was a gathering of old war pals.

Some witty speeches flashed back



The Health Alarm

often sounds first in the doctor's office when some healthy looking specimen of humanity, undergoing examination for life insurance, is told that his blood pressure is too high.

Increased blood pressure is no longer confined to old age; it is frequently found in men in their 40's who are otherwise healthy. In such cases it points to approaching degeneration of the arteries—a condition which in turn indicates those errors of diet that often end in various diseases of the stomach, kidneys, liver, nerves and heart.

Among these errors of diet are tea and coffee drinking, because of their drug, caffeine, the constant use of which weakens the walls of the arteries. Medical authorities now insist that in all cases of high blood pressure there must be total abstention from tea, coffee and other harmful beverages.

Hard to give up tea and coffee? Not at all, when one uses instead the pure food-drink—

Instant Postum

This delicious beverage is made of wheat, roasting with a little wholesome molasses. It is then reduced to a soluble powder, a level teaspoonful of which with hot water makes a perfect cup instantly.

Instant Postum has a delightful, snappy flavour, but is absolutely free from the drug, caffeine, or any harmful ingredient. It does contain those vitalizing elements of the grain which make for normal balance of the system.

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

and forth. Mr. J. R. Lowe acted as ostiarius, and, to the King, the Alumini was the raison d'être of a bright apparel and trim attire.

The Major sports came next: Mr. Clark spoke to the toasts, while both speaking to the ladies.

Athletic Association was a graceful tribute, which brought a pleasing

salute from the Macdonalds.

Mr. Sturman and Mr. Knudson were next to speak, and then came their cheering minor sports.

At the conclusion of the banquet the students, the emblems and the medals created much enthusiasm.

Mister, Mrs. Durst gave out the presents—the University hockey team and the informants—champions of the previous year.

Different winners of the field-day events received special tokens.

Mr. Lawrence, whose wide wavy hair the shores that never nourished

Swift Richelles of litter fame!

The fair Ottawa, problem

Wise Dakota, etc., etc., etc.

St. John proclaim! Later and later, many a loyal name!

Then Island stream, whose vales, etc.

From Ticon, Tecumseh's death made poor.

Such a small rest, yet war with Bear Heatham and Desjardins!

Dread Saguenay, where eagles soar.

What voice shall shun the baton?

The tale of Oberval reveal,

Or my mysterious date deport?

Amelia, the Queen, etc., etc., etc.

Painted Rock, etc., etc., etc.

Ply the yeses of old repeat

Or Pomecourt and d'Herbier!

Yours, your hills, your valley broad.

Streams where do Saliberry trod,

Wise Dakota, etc., etc., etc.

They vain—

Their voices are the voice of God!

I sacred word do not in vain.

Amelia, the Queen, etc., etc., etc.

Sound as in triumphant strain,

The summons of your high refrain.

MEETINGS

The monthly meeting of the Women's Aid of the Royal Alexandra Hospital will be held in All Saints' Church, 10th and 11th streets, on Feb. 10.

The regular meeting of the Stratford Hospital Ladies' Aid will be held in the Stratford library hall on Monday, Feb. 10, at 8.30.

THE DAILY POEM

CANADIAN STREAMS

(By Charles G. D. Roberts)

O river flowing on, the maple tree,

From lands whereon the sun doth rise,

How sweet your voices with the song

Of loyalty and liberty!

O holy music heard in vain!

By cow herd and son of man,

Naught but a greedy race for gain;

O unsung streams—not splendid

Ye fire to keep your patriot dreams!

Annals of glory did your waves,

How strong your tide, Canadian streams!

Mr. Lawrence, whose wide wavy hair

The shores that never nourished

Swift Richelles of litter fame!

The fair Ottawa, problem

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Many a loyal name!

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RED CROSS SOCIETY

S. S. L. Lewis, secretary treasurer

of the Edmonton Red Cross Society, desires to

acknowledge with thanks receipt of

the sum of \$100.00 from the members of the society as well as the returned

work from the country auxiliaries of the society.

REDFERN'S DONATIONS

Alta., per Mr. J. H. Redfern, \$10.00

Auxiliary No. 642, Kitimat, per

Mr. G. W. McLean, \$10.00

No. 142, Wanigan, per

Mr. J. H. McLean, \$10.00

Auxiliary No. 135, Redfern,

per Mr. G. McLean, \$10.00

Auxiliary No. 519, Beaufort, Alta.,

per Mr. E. G. May, \$10.00

Alberta, per Mr. H. S. Redfern, \$10.00

Lloydminster Branch, proceeds

from Winter Carnival, \$10.00

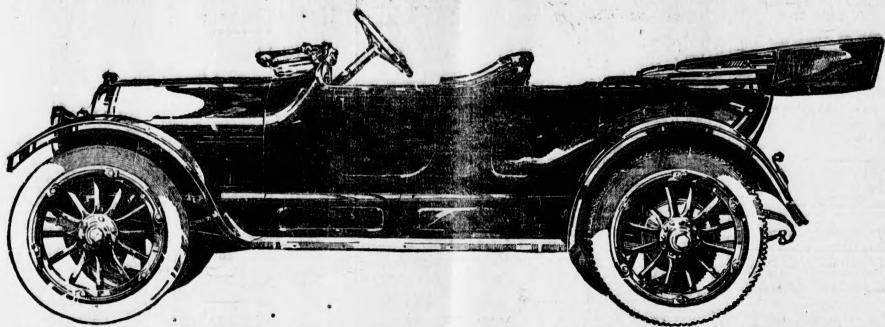
McMurray, per Mr. J. H. Redfern, \$10.00

Red Deer, per Mr. J. H. Redfern, \$10.00

\$7,000.00 IN PRIZES

Automobiles and Other Valuable Prizes to be Awarded

Enter the Bulletin Circulation Campaign and Win an Auto.



The CAPITAL PRIZE \$1,075.00 MODEL 838 5-PASSENGER OVERLAND TOURING CAR The CAPITAL PRIZE

35 Horsepower Motor
High-Tension Magneto Ignition

Electric Starting and Lighting
Left-Hand Drive Centre Control

Tires 33 by 4 Inches, Non-Skid in Rear
Demountable Rims (One Extra Rim)

Full Streamline Body
Deep Divan Upholstery

This Car will be Awarded to the Candidate Having the Largest Number of Votes in the Entire Campaign. It was Purchased from the Edmonton Garage Ltd.

VOTE SCHEDULE

The following table shows the voting power of bulletin issued or subscription payments made during the campaign. All old and new subscribers to the Morning, Evening or Semi-Weekly Bulletin, making all payments in full, will be considered new subscribers and will be entitled to votes according to the following schedule:

Time	New	Old
Five weeks	50	1,000
Six months	2,400	10,000
One year	6,000	25,000
Two years	12,000	50,000
Three years	18,000	75,000
Four years	24,000	100,000

MORNING BULLETIN BY MAIL.
EVENING BULLETIN BY BOY CARRIER IN EDMONTON OR BY MAIL OUTSIDE OF EDMONTON

Time	New	Old
Four months	1,000	5,000
Six months	1,400	7,000
One year	2,400	12,000
Two years	6,000	32,000
Three years	9,000	50,000
Four years	12,000	60,000
Five years	15,000	60,000
Six years	18,000	60,000
Six years and eight months	24,00	100,000

THE SEMI-WEEKLY (TWICE A WEEK) BULLETIN BY MAIL

Time	New	Old
One year	8,000	40,000
Two years	2,400	8,000
Three years	4,800	12,000
Four years	6,000	20,000
Five years	5,000	26,000
Total	12,000	60,000

All old subscribers to the Semi-Weekly who pay their bills and change to the daily will be considered new subscribers to the daily and receive one vote.

Subscriptions taken during the early part of the campaign for three months may be extended at any time during the campaign and voted for as though they had been made at one time. Mark these subscriptions "Second Payments."

Below is the Ten-Vote Coupon. Ask your friends to save these coupons, as each and every one counts ten votes.

Not Good After February 17th, 1916

THE EDMONTON BULLETIN CIRCULATION CAMPAIGN

This Coupon will Count for 10 Votes

For _____
District City _____

Street No. Province _____

Good for ten votes when filled out and sent to the Campaign Department, by mail or otherwise, on or before the above date. No coupon will be transferred to another candidate after being received at The Bulletin office.

(In case of a tie, the value of the prize tied for will be divided equally among those tying.)

THE PRIZES

One \$1,075.00 1916 Model Overland Touring Car

Five \$945.00 1916 Model Maxwell Touring Cars

Two \$300 Upright Pianos Two \$100 Columbia Grafonolas

Two \$78.00 Columbia Grafonolas

Two \$65.00 Scholarships in the Alberta College North

Two \$50.00 Scholarships in the Alberta College North

Ten Per Cent Commission to Non-Prize Winners

How the Prizes Will Be Awarded

The \$1,075.00 Overland Touring Car will be Awarded to the Candidate who Secures the Largest Number of Votes in the Entire Campaign. This Prize will be known as the Capital Prize. All other Prizes will be known as District Prizes.

THE AWARDING OF DISTRICT PRIZES

DISTRICT NO. 1

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DISTRICT NO. 1 WILL INCLUDE ALL TERRITORY INSIDE THE CITY LIMITS OF EDMONTON

ENTER THE CAMPAIGN TODAY—ALL TO GAIN AND NOTHING TO LOSE.

WHICH DISTRICT DO YOU RESIDE IN?

FILL OUT THE NOMINATION BLANK BELOW AND SEND IT TO THE CAMPAIGN DEPARTMENT.

DISTRICT NO. 2

DISTRICT NO. 2 WILL INCLUDE ALL TERRITORY OUTSIDE THE CITY LIMITS OF EDMONTON

THIS CAMPAIGN WILL CLOSE IN JUST NINE WEEKS FROM THE DAY THE FIRST LIST OF CANDIDATES IS PUBLISHED IN THE BULLETIN.

NOMINATION BLANK

The Edmonton Bulletin Circulation Campaign

GOOD FOR 5,000 VOTES

Date 1916

I nominate (State whether Mr., Mrs. or Miss)

District City

Street No. Province
as a candidate in The Bulletin Circulation Campaign.

Signed Address

This nomination blank will count for 5,000 votes if sent to the Campaign Department of The Edmonton Bulletin. Only the first blank received will count for votes.

Cut out this blank and send it to the campaign manager with your name or the name and address of your favorite candidate.

The name of the person making the nomination will not be divulged. (In case of a tie, the value of the prizes tied for will be equally divided among those tying.)

No Candidate can win more than one of the above Listed Prizes. All Candidates have an opportunity of Winning the Capital Prize.

